

## **Morning Prayer**

O Jesus, through the most pure heart of Mary, I offer you all my prayers, thoughts, works and sufferings of this day for all the intentions of your most Sacred heart.

Amen

## **Grace before meals**

Bless us, O Lord, and these your gifts which we are about to receive from your bounty.

Through Christ our Lord.

Amen

## **Grace after meals**

We give you thanks, Almighty God, for  
all your benefits,  
who live and reign, world without end.

Amen

## **Evening prayer**

God our Father, I've come to say  
thank-you for your love today.

Thank-you for my family, and all the  
friends you give to me.

Guard me in the dark of night and in  
the morning send your light.

Amen